

Hypnosis Certification Course Information

Name of Course: Hypnosis Practitioner Training

**Board Certified with: ASSOCIATION FOR INTEGRATIVE PSYCHOLOGY, 75-6099
Kuakini Hwy; Kailua-Kona, Hawaii, 96740**

Location of Course: Ontario, Canada

Total Hours: 40 Hours In-Class + 90 Hours (60 hours of 30 Home Case Studies + Written Test)
= 130 hours

AIP Board Certification Received: Hypnosis Practitioner (CHt)

Course Presented By: Hypno Health International/Global Welcome, 5937 North St, Niagara Falls, Ontario, L2G 1J7

Hypnosis Practitioner Training in Direct and Indirect Hypnosis Methods

A. Complete **Total Hours:** 40 Hours In-Class + 90 Hours (Home Study + Written Test) = 130 hours

B. Complete a written proficiency examination with a minimum score of 80%

C. Demonstrate the ability to identify hypnosis skills and techniques in the following methods and obtain a successful trance session with an individual while using the specific method:

Krasner, Erickson, Elman, and Estabrooks

Course Subjects: PART 1

1. The history of hypnosis
2. Prime Directives of the Unconscious Mind
3. Explanation of hypnosis
4. Stages of hypnosis
5. Psychology of suggestions
 - a. Metaphors – brief overview
 - b. Post-hypnotic suggestions
6. Steps to the specific hypnosis method
7. Smoking cessation
8. Weight Release
9. Pain management
 - a. Additional pain management techniques
10. Follow-up sessions
11. Self-Hypnosis
12. Overview of the certification process
13. Scope of Practice
14. Hypnosis as a business

Course Subjects: PART 2

A. Must successfully guide and demonstrate the obtaining of arm catalepsy during a trance session with an individual.

B. Training includes the following areas:

1. Erickson

- a. Fundamentals and its 3 stages
 - b. Patterns of Indirect Suggestion
 - c. Preparation for a hypnosis session
 - d. Ericksonian Induction I with demonstration and practice
 - e. Ericksonian Induction II with demonstration and practice
2. Elman
- a. Elman's Theory About Induction
 - b. Elman's Stages of Hypnosis
 - c. Elements of Elman's Hypnotic Inductions
 - d. Pre-talk
 - e. Elman Induction I/Practice with pre-talk
 - f. Elman Induction II/Practice with pre-talk
3. Pendulum – what, why, how with demonstration and practice

Course Subjects: PART 3 NLP

- 1. Utilize language shifts and Switch
- 2. SMART goal-setting - success fundamentals
- 3. Emotional releasement for self and others: Anger, Sadness, Fear, Guilt, Anxiety
- 4. Personal Freedom Matrix (Oswald, Y.)
- 5. Life Coaching as a Business

Required Reading:

Ansari, M. Modern Hypnosis
 Caprio, F. Healing Yourself with Self-Hypnosis
 Krasner, A.M. The Wizard Within
 Oswald, Y. Every Word has Power
 Elman, D. Hypnotherapy
 Erickson, M. My Voice will go with You